

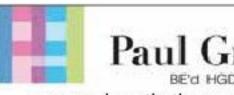




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P26

Aimee Torres has opened her new Hair Salon Inveja (Portuguese for Envy) at 54a Camlough Road in Bessbrook. SEE PAGE 9





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See advert on Page 4



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(14 week Course) MORNING CLASS: Wednesday, 2nd September 2015

TIME: 10.30am - 12 noon

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Monday, 7th Decemberin the Scout Hall, Home Avenue, Newry. Cost: £140 (£110 concession) - payable (to write your journey in 2 instalments of £70 (£55) on first and eight week. #pafterwards)

Using the technique, the "Core Shamanic Technique", developed by Michael Harner in his best-selling book, The Way of the Shaman", you will be introduced to the simple and safe technique of journeying to meet your Spiritual Guides and Teachers.

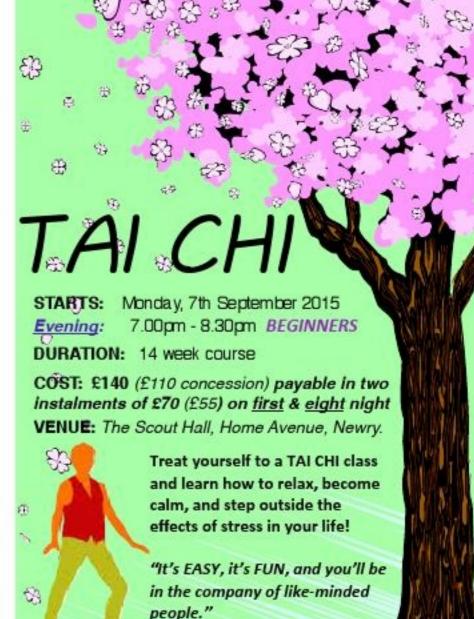
It is easily learned. When you complete the session, you will have learned how to meet your Guides, to obtain advice, information, help and healing, and others.

#### **BRING WITH YOU:**

- (to lie on); - A scarf
- (to cover your eyes) - A Notebook & pen
- Loose warm clothing Warm pair of socks



- an OPEN MIND and a



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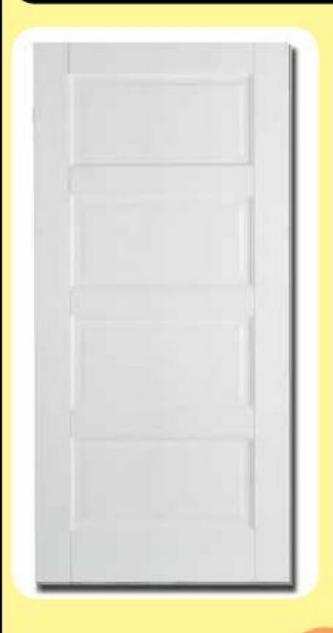


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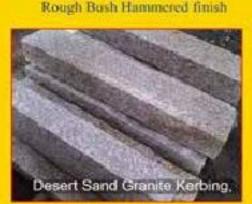
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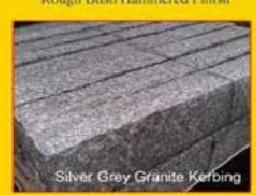


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Granite Paving - Step Range

Desert Sand

Clanrye Blue Grey



Mid Grey



### Summer Camps in full swing at Kellys Golf Centre

With regards their Junior Camps, it has so far been a fantastic summer at Kellys Golf Centre, The Avenue, Burren, Warrenpoint, where they have recorded a record number in attendance this year!

A successful opening week on the 6th-9th July was followed by an equally successful camp on 27th-30th July. Along with his assistants, PGA Professional Coach, Dougie Bell, led the camps in a fun filled manner, introducing children to the game of golf in a friendly, welcoming and exciting environment. Each session would start off with

some warming up and

exercises in the form of games and activities. Whilst fun, the young participants were also developing their fundamental moving skills and agility, balance and coordination.

Every child who takes part in the Summer Camp at Kellys Golf Centre is given a personal development workbook at the start of the week. These books provide step by step guides leading them through different evels of progression and teaching them the basics of all areas of their game; such as, full swing, short game and putting. The skills and challenges they overcome in each level can range from sinking four points from different places around the hole to driving 5 balls out of ten over 50 yards.

These tasks are performed in a fun setting with competitions and prizes up for grabs!



Children enjoying the Junior Summer Camps at Kellys Golf Centre.

On the last day of each camp, the kids put into practice what they have learned throughout the week by playing the 9 hole pitch and putt course at Kellys Golf Centre. This introduces them into playing a course and marking a card. There is then a presentation led by Dougle Bell back in the clubhouse after the round where each child who took part is presented with a certificate of achievement for their hard work over the

There is still time to book into the last summer camp of the year at Kellys Golf Centre. It takes place on the 17th-20th August from 10am - 1pm and promises to be great fun, just like the others. So to learn what the game of golf has to offer your child, book today by telephoning 028 4177 3247.



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Inveja proprietor Aimee Torres has been in the hairdressing business for 10 years. She looks forward to welcoming all her new and existing clients to her magnificent new Salon. The Salon name 'Inveja' means envy in Portuguese, the native language of her well-known Brazilian husband Sebastian Torres. Aimee decided to give her Salon a name with a South American twist!











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The Pre-School facility at First Friends will prepare your child for primary school in an environment where all children are cared for by qualified and experienced staff. Parents who are interested in enrolling their children with First Friends Pre-School are encouraged to make an appointment to view the facilities and speak with the staff team.

After-School places are also available at First Friends. These sessions give children the opportunity to complete homework with supervision and support from qualified staff. The After-School facility at First Friends offers a relaxed and homely atmosphere along with



a pick-up service and snacks are also provided.

Places are also available in First Friends' bright and spacious Toddler Room. Children in the Toddler Room are encouraged to learn and develop through structured play. They are given the opportunity to explore the environment using natural resources and be imaginative and creative through role play. There is a separate private nappy changing area and space to store belongings as well as a monitored sleeping area. Potty training is encouraged and supported by parents.

If you would like to enquire about a place at First Friends for your child or would like to book an appointment contact Laura or Natasha on 028 3085 0153 or tashaharte@hotmail.co.uk





### NEWRY ADVERTISER 11

# Frank Mitchell has Laser Eye Surgery

# with Optilase, Europe's No.1 Eye Clinic

Optilase have been at the forefront of this revolutionary eye surgery advancement and performed thousands of successful procedures. Frank Mitchell shares his experience of Laser Eye Surgery at Europe's No.1 Eye Clinic.

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. The simple things such as driving, reading, anything up close, seeing anything in the distance really also, was becoming impossible without either my glasses or contact lenses.

I had considered getting Laser Eye Treatment for some time, but had never gotten around to finding out some more about it - until a friend of mine recommended Optilase, right in front of the Belfast City Hall.

The Clinic at Optilase is more like a five Star Hotel and I was so at ease and being right in front of the City hall, it was also very handy to call in and ask some questions.

After hearing that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe, I felt very reassured with taking such a big decision in 'letting' someone at my eyes - so I booked my Free Consultation.

Fortunately, I had already done my homework online, through mainly their website, and its clear to see that Optilase spare no expense with not only their Lifetime Aftercare Guarantee, the most experienced Surgeon in Ireland and UK (by number of completed treatments) and also with the Lasers they use are the most highly recommended Laser in

the world (The Schwind Amaris for you geeks out there ... !)

I felt completely reassured and at ease throughout my whole consultation - I spent the whole hour with only Grainne, who I must really commend on her knowledge and professionalism (and the coffee was great..!!)

### The treatment would give me my near and distance vision and would do away with glasses altogether!

Optilase are very selective about who they treat - Grainne explained to me that although the Laser and equipment is able to treat a huge range of prescriptions, the parameters at Optilase are much tighter to really give each and every Patient the absolute optimum results possible.

By now I really wanted it done and I was shown the potential about how good my Vision could be afterwards. I opted for the KAMRA Treatment, with laser - exactly as the Surgeon and Grainne had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!





So two weeks later the big day came - and I approached this with some confidence, though still a little nervous.

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. Wayne was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none and just brilliant.

### Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic.

There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were watering all the way home and I had to

wear black sunglasses to protect my eyes, though the staff did advise me that I would be light sensitive straight away as my 'New Eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed when I woke in the morning life had taken on a whole new perspective.

Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that one). If I had some advice for anyone out there who wears specs, get it done - and get it done now! If only I had it done years ago....!!

My advice? Visit Optilase and find out if you can have it done if you are suitable, find a way to have Treatment. It will change your life forever.....I'm glad I did!! For more information call Optilase on 08000 121 565 or 04890 438397. www.optilase.com.

### Call 08000 121 565 04890 438397 (ROI)

Book a Free Consultation at Optilase Newry

Learn more about Laser Eye Surgery, visit www.optilase.co.uk

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# The Wood Floor Shop

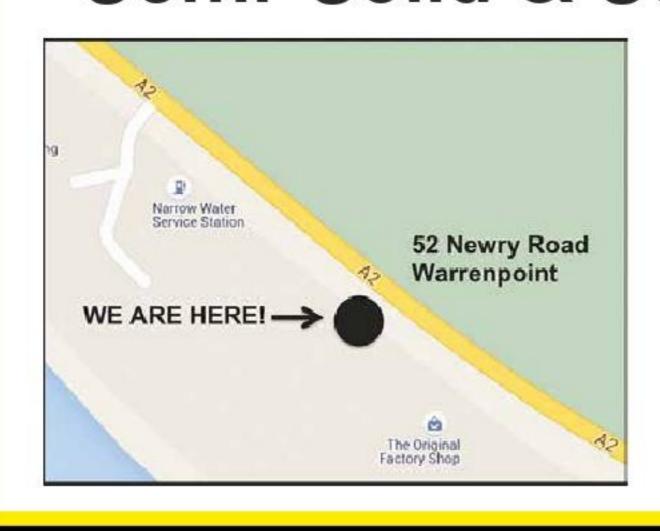
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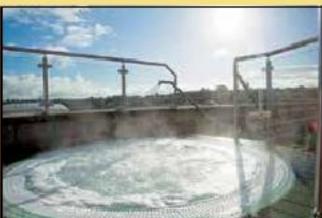
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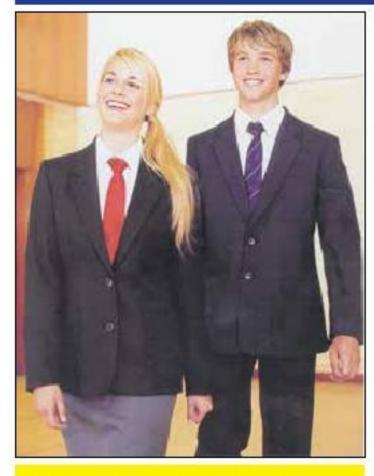
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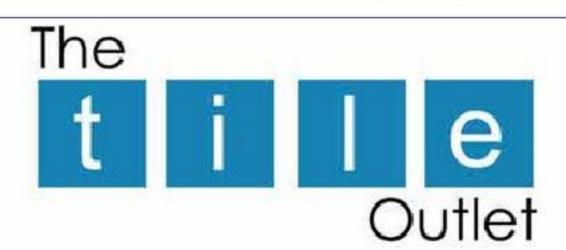
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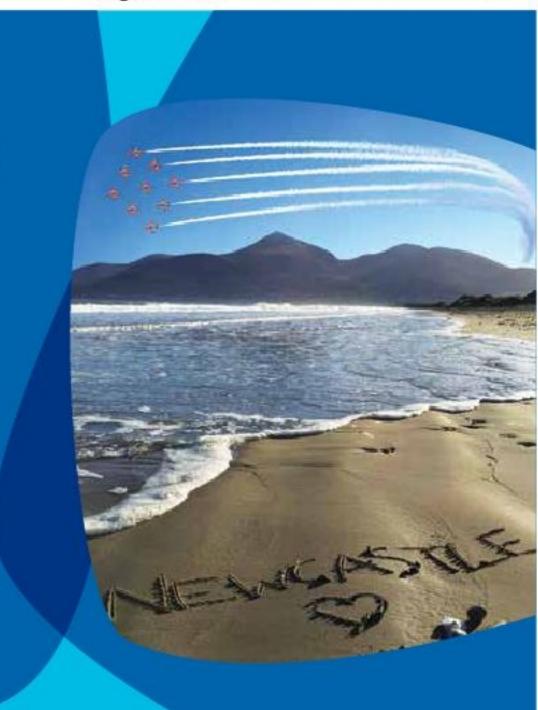
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WRITE TO HEALTH MINISTER TO SAVE STROKE AND OTHER SERVICES AT OUR HOSPITAL

# PEOPLE POWER NEEDED FOR DAISY HILL

The people of Newry and Mourne are being urged to write to the new Health Minister Simon Hamilton calling on him to stop the Southern Trust's plans to close the first class Stroke Unit at Daisy Hill and to protect A&E and other services at our local hospital.

Former SDLP Councillor Frank Feely, who along with his former Council colleague John McArdle, has campaigned tirelessly for the retention of services at Daisy Hill, said it was time for the people of Newry and Mourne to make their anger at this decision known to the new Minister and urge him to maintain the Stroke Unit at the local hospital.

Mr Feely made the call after the Trust responded to a detailed investigation carried out by the former councillor into the rationale or lack of behind the decision to close the Stroke

Slamming the attitude of the Trust to him questioning the rationale behind the closure decision, Mr Feely said: "I questioned at great length and in some detail the rationale behind this decision and the response from the Trust is arrogant and shows complete contempt for the people the Trust is supposed to be caring for. It is time for the people to step up and fight harder for our local hospital and I urge everyone to write to the Minister and let their anger be known. The fight goes on."

Following his investigation, Mr Feely is adamant that the rationale for stripping Daisy Hill of its Stroke Unit is based on falsehoods and propaganda. Mr Feely, who stepped down from public office on March 31 following the amalgamation of Newry and Mourne and Down district councils believes the former Health Minister Jim Wells was given a plethora of untrue and misleading advice ahead of the decision to transfer the unit to Craigavon Area

He said: "The guidelines laid down by the Stroke National Audit Programme states: "All stroke patients should be admitted directly from the emergency department of a hospital to a specialist stroke unit only.

Hospital.

"This official directive proves that it is dangerous and morally wrong to move stroke patients from Daisy Hill Emergency Ward to Craigavon on an additional hour's journey. "I have no doubt that it is medically erroneous as approximately only 20% of the total number of stroke patients that will be taken to the emergency ward in Daisy Hill will be suitable for Thrombolysis (Clot-busting Injection.)

The important question is what happens to the other 80% of stroke patients who are supposed to go to Craigavon Hospital straightaway?

"How long will they have to lie on their trollies for an ambulance? How often will exercise be repeated every day, every week and every year at the expense of the health of the patient and how many will die on the journey which is totally contrary to the regulations laid down by the SSNAP?

"How much will it cost to provide ambulance drivers and paramedics for each patient every

day of the week?

"Where is the tender loving care that stroke patients need and are supposed to get and where is the consultation between the relatives of the patients and the consultants that is so necessary for the patients' recovery?

According to Mr Feely, the Southern Health Trust and former Minister Jim Wells have been misleading when it comes to statistics regarding improved recovery rates for stroke victims.

He claimed: "The Southern Health Trust and the former Minister Mr Wells said: "clinical evidence shows that patients are 25% more likely to recover and survive a stroke if they are treated in a specialist centre." This is a huge lie and misleading propaganda. Professor Stephen Morris of the Department of Applied Health Research and his team did a study of 258,915 stroke admissions across England and 33,698 in London 60 days after treatment in the new state of the art stroke clinics set up by the Government. The study shows that the new clinics reduced the rate by only 1.1%. This comprehensive study [Professor Morris] shows yet again how utterly inaccurate and false the Southern Health Trust figure of 25% is. It also proves that the Minister is being fed totally inaccurate information and propaganda by both the Southern Health Trust and the Local Commissioners.

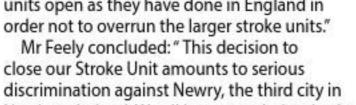
Mr Feely also claims that the Southern Health Trust is seriously misrepresenting the National Audit Programme. He added: "They say: The Trust needs to change where and how we use our Specialist Stroke Staff in order to meet the Sentinel Stroke National Audit Programme Guidelines." The above statement from the Trust is complete fabrication. This is an evil slander on the staff of Daisy Hill, The Mater and The Royal Hospitals who all got a Grade D in the 2014 National Programme Report."

Mr Feely continued: "The National College of Physicians Stroke Guidelines say: "A stroke unit should have specialist stroke staff as well as a multi-disciplinary team for rehabilitation."

Daisy Hill Stroke Unit fulfils all these guidelines but Craigavon does not because it has no rehab unit. In the first five months of 2014 18 stroke patients came to Daisy Hill from Down and Lisburn and were only in the stroke unit for 17 days until they were released, whereas stroke patients in Craigavon Hospital in conjunction with Lurgan Hospital are kept for approximately 48 days.

"It makes sense to keep the smaller stroke units open as they have done in England in

Mr Feely concluded: "This decision to close our Stroke Unit amounts to serious discrimination against Newry, the third city in Northern Ireland. We all have to fight harder for Daisy Hill."







Services at Daisy Hill Hospital in Newry are under threat and a call has been made by former councillor and hospital campaigner Frank Feely (above left) for People Power to save our local services at our local hospital.

### THE SOUTHERN HEALTH TRUST'S RESPONSE

In response to the comments made by Mr Feely questioning the rationale behind the move to close the Stroke Unit at Daisy Hill Hospital, a spokesperson for the Southern Trust said:

"The decision taken last year to create a single specialist stroke inpatient unit within the Trust at Craigavon Area Hospital was based on compelling clinical evidence that a centralised unit will improve survival rates and recovery rates in local stroke patients.

"We remain confident that by bringing together the resources from the four Trust hospital inpatient stroke services we can provide an enhanced level of care which will reduce the devastating impact of stroke on the health of people in the Southern Trust area."



**Dominic Bradley MLA** 

SDLP to hold urgent meeting with Health Minister on **Emergency Dept.** staff shortages



Karen McKevitt MLA

SDLP Assembly Members Dominic Bradley MLA and Karen McKevitt MLA have requested an urgent meeting with the Minister for Health, Social Services and Public Safety Simon Hamilton MLA. The SDLP representatives have sought the meeting to discuss ongoing concerns over staffing shortages in the Emergency Department at Daisy Hill Hospital.

Mr Bradley explained, 'We have met with the Southern Trust's Senior Management Team to discuss our real and genuine concerns about staff shortages in the Emergency Department at Daisy Hill and the potential consequences for the service if urgent action is not taken to address those shortages."

'The Emergency Department at Daisy Hill is extremely busy and saw its throughput rise over ten percent in the last year alone. The Southern Trust has sought to attract middle grade Doctors and Consultants for the Emergency Department on sixteen separate occasions in the last eighteen months, and yet there is still considerable pressure on the system. This cannot continue and the Minister must take urgent action to ensure the appropriate staffing complement is in place twenty four hours a day,

seven days a week." Mis McKevitt added, 'Daisy Hill is a vital service to the people of this region and in particular the Emergency Department which serves vast swathes of communities right across

counties Armagh and Down. We are all too

aware of the current pressures on the Health Service right across this region and in particular the constant cut in services due to the lack of funding.

'At present there are serious pressures in the Emergency Department at Daisy Hill and for a change this is not created by the lack of funding. The Trust Management made it abundantly clear this morning that the current pressures are due to the lack of manpower. We need to see everything done that can be done to ensure those staffing shortages are addressed as a matter of urgency and that's why we have sought an urgent meeting with Minister Hamilton.

'As MLA for South Down this scenario of staff shortages is all too familiar, we need the Minister to intervene and protect all our services. The time for a sticky plaster approach to fixing our health service has long passed. We want him to explore more options, we will press him on putting the appropriate staff in place and a process in place to ensure the service is adequately staffed going forward.

Mr Bradley concluded, 'We appreciate that staffing pressures are not unique to Daisy Hill and not unique to this trust area, but that cannot be a reason for doing nothing to address it. Daisy Hill is an acute hospital and it must retain its Emergency Department twenty four hours a day, seven days a week and we are committed to ensuring that is the case."

### **VOICE YOUR OPINION TO THE HEALTH MINISTER**

To express your anger at the Southern Health Trust's decision to close the first class Stroke Unit at Daisy Hill Hospital you can write directly to Health Minister Simon Hamilton MLA at the following address:

Simon Hamilton, Minister for Health, Social Services & Public Safety, Room C5.10, Castle Buildings, Stormont Estate, Belfast. BT4 3SQ or you can email the Minister's Private Office at: private.office@dhsspsni.gov.uk



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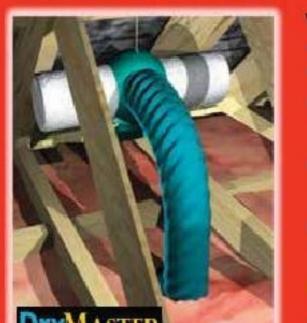
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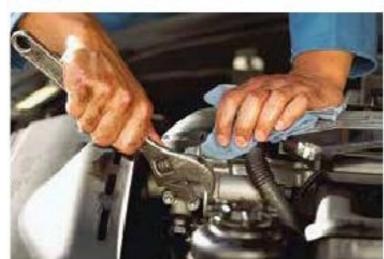
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Unfortunately, our brains still use this mechanism to deal with every day "threats", such as an



over-demanding boss/partner, a difficult relationship, financial pressures, sub-conscious memories of a previous panic attack etc. In such cases the stress may be persistent, so the ancient mechanism continues to keep the body in an unnecessary state of high alert.

The muscles are tense, the heart races, breathing is fast and shallow. It may be accompanied by sweating, palpitations, chest tightness, headaches, sickness etc. These can lead to a fear of collapse, of "going crazy," of complete overwhelm, of having a heart attack or a brain haemorrhage. These thoughts lead to more fear, more overwhelm and a less and less productive life. But these thoughts are untrue. The sufferer is just suffering from adrenalin overload! People can learn to control this and so recover quickly and completely.

ADRENALIN TOXICITY - THE CAUSE AND THE SOLUTION

When the reptilian brain is triggered by fear, we become stupid, like the "rabbit caught in the headlights of a car". To live a healthy life, we must stop the brain producing excess adrenalin. The initial solution therefore, irrespective of the cause our anxiety, is always to decrease the production of adrenalin by calming the nervous system. Modern brain science has provided simple solutions for staying calm including: Breathing - Making the out-breaths 1/3 longer than the in-breath; Exercise - 30 minutes 5 times per week. The therapist uses other powerful tools including cognitive and behavioural exercises, guided-imagery and the "Rewind Technique" which quickly disables obsessive worries.

If you are concerned about the levels of stress or anxiety you are experiencing in your life, consider making an appointment with Paul Grant. Paul is a Human Givens Psychotherapist. He runs a private practice from 31 Patrick Street Newry. The confidential therapy sessions with Paul last 1 hour 15 minutes. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment call Paul on 028 3025 1798 or 077 3973 1424. For more information see www. paulgranthgtherapy.com



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the top requested summer treatment is Laser Hair skin the best option is laser hair removal. Laser is, without a doubt, the most modern, effective and long-lasting route to being hair-free.

The good news? Therapie Clinic are running a ½ price sale this month on the underarms so it's the perfect time to try laser.

Laser hair removal means you don't have to spend time shaving-most women, for example, shave their underarms every day or every other day. Leg shaving becomes a daily chore, and waxing needs a degree of hair growth to grab the hairs so you'll have unsightly regrowth before you can wax. With Laser Hair Removal, you're always ready to go. Laser is a progressive process, achieving cumulative results over several sessions as the hair is targeted in the growth phase, and your course of treatments will have several long term benefits.

With every other method of hair removal, stubble is inevitable. Shaving cuts hairs so they grow back feeling rough and blunt, and waxing means you have to wait until you have enough hair growth to strip off. Another benefit of Laser Hair Removal is that it will give you soft, silky skin after each treatment. Because of the way Laser addresses the hairs, any regrowth or remaining hairs are far finer and paler than



Thérapie Clinic are the No.1 Laser clinic in Ireland. The clinic's experience is second to none, they opened first in 2001, are RQIA registered and have clinics in Belfast (Queen's Arcade and Clever House), L/Derry, Newry and a new clinic in Enniskillen. Great news too, Therapie Clinic are now offering a 1/2 Price Sale this month on the underarm area.

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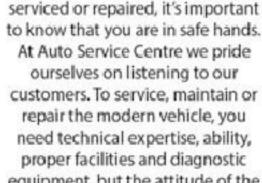
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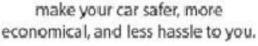
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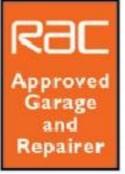
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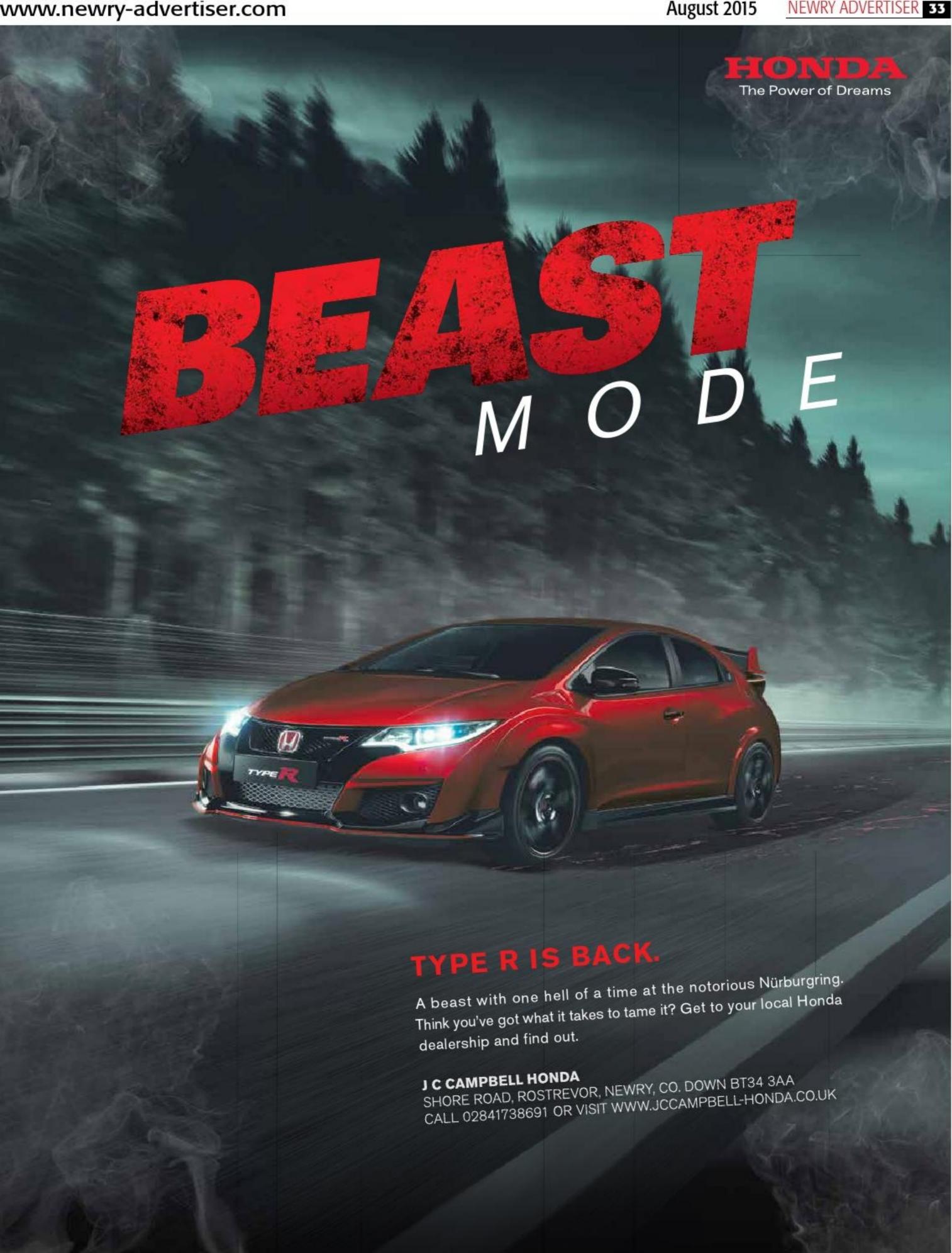


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